

# Diabetes Training Activity

## *Tips to Help Providers Keep Kids with Diabetes Safe at Child Care*

### Match-Up Diabetes Facts with Type of Diabetes

**Instructions:** Print individual facts below on sticky notes for participants. Print type of diabetes headings on top of a large piece of paper. Have participants place their fact under the corresponding diabetes type. Lead group discussion and review list to assure accuracy.

Type 1 Diabetes	Type 2 Diabetes
Occurs when the pancreas does <b>not</b> produce insulin	Pancreas does not produce <b>enough</b> insulin or use insulin properly
Requires multiple doses of insulin every day	This type is currently on the rise among children and adolescents in the U.S.
Cannot be prevented	Increased thirst
Excessive thirst	Frequent or night time urination
Extreme hunger	Blurry vision
Dramatic weight loss	Unusual fatigue
Irritability	Symptoms usually occur <b>gradually</b> and may go unnoticed
Weakness and fatigue	African Americans and Hispanic/Latino Americans are at higher risk
Nausea and vomiting	
Symptoms usually occur <b>suddenly</b> and can be deadly if left untreated	